

# *Carrboro* FARMERS' MARKET

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YEAR ROUND *Celebrating 31 Seasons*

## **Tomato Day 2009**

### **Simple Tomato Juice**

**Recipe provided by**

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This is juice in its simplest form – tomatoes, salt and sugar. This is also not a precise recipe, in that you can start with any amount of tomatoes you have on hand. I will say that the tomatoes to use for juice are not romas, which I would use for sauce. Or cherry tomatoes, which I would eat like candy. Or colorful heirloom varieties that would look beautiful sliced and served on a platter. Other than that, any slicing tomato will do.

A note on yield. When I was working my way through A LOT of tomatoes for the juice to be shared at the Tomato Day celebration, I did some quick measurements and found that 7 pounds of tomatoes produced 11 cups of juice. This gives you a ballpark figure to work with, as the amount of juice you end up with will be dependent upon the type of tomatoes you are using.

#### Ingredients:

Ripe slicing tomatoes  
Salt (kosher or sea)  
Sugar

#### Procedure:

Carefully wash the tomatoes, core and remove any blemishes or rot. Cut the tomatoes in quarters, or smaller if the tomato is particularly large. Place the tomato pieces in a large, non-reactive pot.

Bring the tomatoes to a boil over medium heat. As the juice is released, press the tomatoes with a potato masher, and continue cooking and mashing until the tomato pieces have broken up and there seems to be no more value in further cooking. This will take about 20 minutes (or less).

Cool the tomato mixture slightly and then pass through a food mill using the finest blade in order to remove all seeds and skin.

The rule of thumb for seasoning is this; 1 teaspoon salt and 1 teaspoon sugar for every 4 cups of juice. Taste and correct the seasoning to your liking.

Refrigerate and use within a week.